



Feeling Better:

Tips for Relieving Cold and Flu Symptoms

Colds and flu are very common illnesses...

- If you have a cold you will probably feel tired, have a runny nose and sore throat, and sneeze a lot.
- If you have the flu you will probably have a fever, body aches, a headache, a cough, and a sore throat.

There is no cure for colds or flu.

- There is no medicine that will make the cold or flu go away when you are sick.

But you can make yourself feel better!

- Home remedies and over-the-counter medicines can make you feel better while you are sick.
- Make time for extra rest and sleep.
- Drink lots of liquids—for example, juice, tea, or soup.

Here are some things you can do.

- To relieve coughing:
 - Drink a lot of fluids
 - Ask a doctor or nurse about taking an over-the-counter cough medicine.
- To relieve a sore throat, if you are over age 6 and not at risk of choking:
 - Gargle with warm salt water
 - Suck on ice chips, medicated lozenges, or sugar-free hard candies.

Here are more things that you can do.

- To relieve aches and fevers:
 - Ask a doctor or nurse about taking an over-the-counter pain reliever.
- To relieve runny or stuffy noses:
 - Breathe warm, moist air from a hot bath, hot shower, or bowl filled with hot water
 - Ask a doctor or nurse about taking an over-the-counter medicine.

A Safety Note

- Before taking any new over-the-counter medications talk to your doctor or nurse to make sure they are safe for you.
- If the doctor or nurse says that a medication is safe,
 - Be sure to take the correct amount, and
 - Take it only as often as the doctor or nurse says is allowed.

The information for this Health Point came from Kaiser Permanente Online at:

http://members.kaiserpermanente.org/kpweb/pubcfe/228/detailPage.do?html=/htmlapp/feature/228colds/nat_hometreatment.html